

December
11th, 2020

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

adanz@springbluffpirates.com



No Early Release Fridays this Year

Upcoming Events

Cookies, Cocoa & Cozy Time at Home 6-7 pm (Virtual) for PreK-2nd Grade Students

12/15

School Board Meeting @ 6:30 pm

12/17

Early Dismissal @ 12:30 pm

12/22

No School—Winter Break

12/23-1/4

This Weeks Attachments:

- Nutrition Nuggets



Santa & Mrs. Claus made an appearance at Spring Bluff School on Tuesday December 8th. They handed out goody bags for the Virtual Cookies, Cocoa & Cozy Time at Home for the PreK-2nd Grade Students that will be held on Tuesday, December 15th via Facebook, from 6:00-7:00 pm.

THANK YOU SANTA & MRS. CLAUS

Spring Bluff R-XV School has outside Wi-Fi access available to those students that have limited or no internet access at home. Please contact the school office for the Wi-Fi

password if you are interested.



Winter Break

December 23rd—January 4th

Classes resume January 5th



Spring Bluff is getting into the Christmas Spirit. Starting Monday 12/14 through Tuesday 12/22, Students are welcome to participate in the following theme days:

Monday 12/14: Holiday Sweatshirt

Tuesday 12/15: Wonderland White Out

Wednesday 12/16: Holiday Hat

Thursday 12/17: Dress like a candy cane (red & white)

Friday 12/18: Ugly Christmas Sweaters

Monday 12/21: Cozy Christmas Socks or Slippers

Tuesday 12/22: Holiday PJ's



Spring Bluff Pirates

If my child is not ill but there is a positive COVID individual in our household, what should we do?

- Everyone in the house should quarantine and your child(ren) will attend school virtually. Contact the school and notify them that your child is in quarantine due to a household exposure. The health department will reach out to you when they receive your lab results with more instructions and when quarantine ends for everyone in the house.

If my child has received a positive COVID test result, what should I do?

- Notify the school immediately, 573-457-8302.
- **If you receive results after school hours, please email jjenkins@springbluffpirates.com.** Contact tracing will begin immediately to eliminate further spread in the building. Your Child will learn virtually while on quarantine. The health department will notify parents when the positive child can return to school.

What does it mean if I have been notified that my child is a close contact to someone with COVID?

- Your child has been within 6ft for 15 minutes or more of an individual who tested positive for COVID.

Spring Bluff Parents as Teachers

The Parents as Teachers (PAT) program is a research based early childhood home visiting framework (virtual at this time) that builds strong communities, thriving families and children who are healthy, safe and ready to learn. PAT helps to establish positive partnerships between home, school, and the community and plays a vital role in supporting families and children from the very beginning toward school readiness. A trained parent educator emphasizes parent-child interaction, development centered parenting and family well-being in their work with families. The PAT program consists of four components: personal visits, group connections, screenings, and resource referrals. Together, these components provide families with children, prenatal to kindergarten entry, a program of support so that children are able to reach their full potential.

For more information, please contact our parent educator, Pam Richards at (573) 457-8302 or prichards@springbluffpirates.com.



Find us on
Facebook

@springbluffpirates

Website:

<http://www.springbluffpirates.com>

Basketball Game Schedule

Games and Tournaments are always changing. Visit our School Website for the most recent updates on the 2020-2021 Basketball Schedule.



Go Pirates!

Sporting News & Events



Thursday, December 10th

Fri-Sat, December 11th-12th

Monday, December 14th

7B/8G @ Immanuel Lutheran @ 5:30 pm

5G/6G Tournament @ Bourbon TBA

8G/8B @ Home vs. Borgia @ 5:30 pm

Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2020



Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent

BEST BITES

Clean cuts

Here's a way to teach your child about food safety when she helps out in the kitchen. Explain that bacteria from raw meat can live on cutting boards, so you use a separate board just for fruits and vegetables. Show her which board is which, and let her use a butter knife



to cut a peeled avocado or canned peach half on the one for produce.

Active all day

Experts recommend at least 60 minutes of physical activity a day for children and adults. No need to think of it as formal exercise! Turn on upbeat music and dance with your youngster. Put out active toys, and hula hoop or jump rope together. Or tape a family hopscotch grid on the floor, and challenge him to a game.

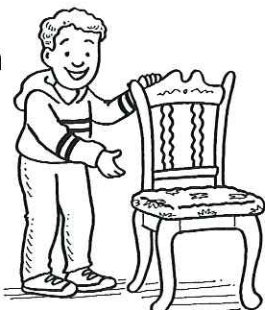
DID YOU KNOW?

Children ages 4–8 need 25 mg of vitamin C daily and kids ages 9–13 need 45 mg. Luckily, it's pretty easy to find kid-friendly sources of this essential nutrient. In fact, just one orange contains 70 mg. More ways for your child to get vitamin C: Let her snack on raw red bell pepper spears. Toss strawberries into a spinach salad at lunch. Serve oven-roasted broccoli for dinner.

Just for fun

Q: What do you take before a meal?

A: A seat.



Alternatives to fast food

After a long day of school and work, you may be tempted to hit the drive-thru for your family's dinner. How can you resist the tug of fast food and keep things healthier? Use these strategies to stock up on quick and easy dinner options.

Deli "fixins"

Ask your child to create a "deli menu" for make-your-own-sandwich nights. He could invent sandwich combinations, then draw pictures and write descriptions of them. ("The Sweet Pickler: Toasted whole-wheat bread, lean turkey, lettuce, extra pickles, honey mustard.") At dinnertime, everyone can make a sandwich from his menu—or design their own.

Breakfast for dinner

Many breakfast foods can be prepared in a jiffy, making them ideal for busy evenings. For microwave scrambled eggs, whisk 2 eggs in a microwave-safe bowl and heat for 2 minutes, stirring once halfway through. Or just open a



box of whole-grain cereal, and let each person add nonfat milk and their favorite fruit.

Slow-cooker day

It's nice to sit down to a hot meal that's already cooked, so consider keeping slow-cooker staples on hand. *Examples:* chicken breasts, low-sodium broth, canned beans and tomatoes, frozen vegetables. Then, let your youngster help you find recipes. In the morning, add ingredients to the slow cooker together. If your family works and learns at home, you'll enjoy the aroma all day! ♥

Active story time

Everyone knows reading is good for the mind. With this fun activity, it's good for the body, too.

Read a book to your youngster that has lots of action words, such as dance, hop, run, and jump. Then, read it again slowly, and have her act out the story as you go. For instance, read *Hop on Pop* (Dr. Seuss). She could jump up when you read, "Up, pup," or crouch down small when you say, "Mouse on house."

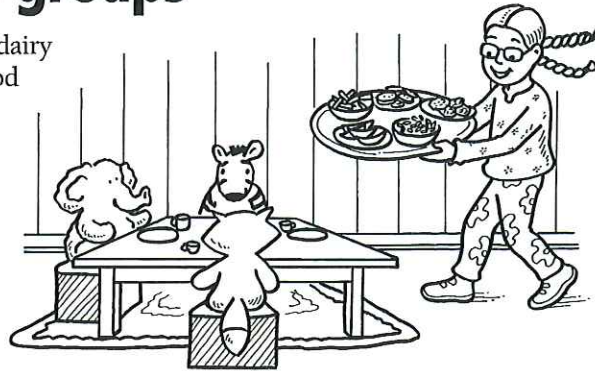
Suggest that your child use props, too. For instance, read *Jack and the Beanstalk*. She can climb on a chair when Jack climbs the beanstalk, and then jump down and run away when Jack does. ♥



Explore the food groups

Fruits, vegetables, grains, protein, dairy ... a balanced diet includes all five food groups! These ideas will help your child learn about them.

Twenty questions. Ask your youngster to pick a food group (say, fruit). Secretly think of a food from that group (banana), and let her pose up to 20 yes-or-no



questions to guess it. (“Does it grow on a tree?” “Is it green?” “Do monkeys eat it?”) Now name a food group and have her choose a food for you to guess. Let your child jot down the foods used in the game and pick one from each group to add to your grocery list.

Small plates. Many cultures eat meals made up of small plates to share—known as *tapas* in Spain, *mezze* in the Middle East, and *antipasto* in Italy. With your youngster,

choose a food from each group, and make a small-plates meal together. Maybe she’ll suggest shrimp skewers (protein), sliced carrots (vegetable), couscous (grain), a diced pear (fruit), and cheese cubes (dairy). As she enjoys the meal, she’ll learn to eat from each group. ♥

ACTIVITY CORNER

Outdoor winter fun

Playing outside in winter brings its own sense of joy. Try these games that will help your youngster stay active regardless of the weather.

● **Snowball contest.** Set a timer for 5 minutes, and race to create the largest snowball. Then, combine your snowballs into one giant ball.

● **Penguin waddle.** Have each family member place a small ball on his feet (like a father penguin carries an egg). Race across the yard. If you drop your “egg,” return to the starting point. The first player to reach the other side wins.



● **Ice globes.** Blow up balloons, and before tying them, let your child fill them $\frac{3}{4}$ of the way with water and add a few drops of food coloring. Freeze 3–4 hours. Use scissors to cut off the balloons, and he’ll have beautiful ice globes to roll and kick around. ♥

Q&A Food allergies at holiday time

Q: My daughter has a peanut allergy. How can I help her stay safe during the holidays—and beyond?

A: Allergies and holidays can be tricky! If you will have meals with relatives or friends this season, be sure to tell them about your child’s peanut allergy.

Explain that if you visit for a meal, or if they bring food or send food gifts to your home, they should make sure not to use peanuts or peanut products. They’ll also need to read food labels carefully and thoroughly clean surfaces that may have been in contact with peanuts. And point out that almond butter or sunflower seed butter can be used in place of peanut butter in recipes.

Finally, before visiting with anyone, remind your daughter about her allergy. Let her know you’ll help her choose safe foods and ask about any she’s unsure of—habits that will need to become automatic for her as she gets older. ♥



IN THE KITCHEN

Creative cracker toppings

For a quick snack or a festive party platter, encourage your child to think beyond the usual cheese and crackers. Let him help you put together these fresh, healthy combos on whole-wheat crackers.

Cheesy fruit

Top crackers with part-skim ricotta cheese. Add a kiwi slice and a drizzle of honey.

Pesto

Spoon pesto sauce onto a cracker. Top with diced tomato.

Garden veggie

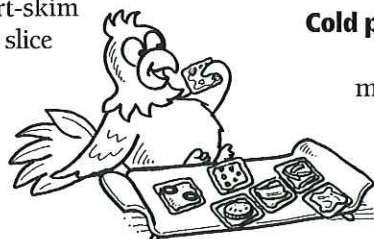
Start with a layer of hummus. Over it, arrange a slice of cucumber and radish.

Seafood snack

Put chunks of canned salmon on a cracker, and sprinkle with pepper and thinly sliced chives.

Cold pizza

Cover a cracker with marinara sauce. Add shredded low-fat mozzarella cheese and diced green pepper. ♥



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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